

Making Decisions

About Your Joint Pain

Overcoming doubts about treating
Hip or Knee Osteoarthritis



Osteoarthritis

What is Osteoarthritis?



- + Most common form of arthritis
- + Deterioration of the cartilage within the joints
- + As cartilage deteriorates pain in the joint increases

Who has Osteoarthritis?

26.9 Million

Americans have some form of Osteoarthritis *(source CDC)*

Osteoarthritis affects

(source CDC)



13.9%
adults age
25 years

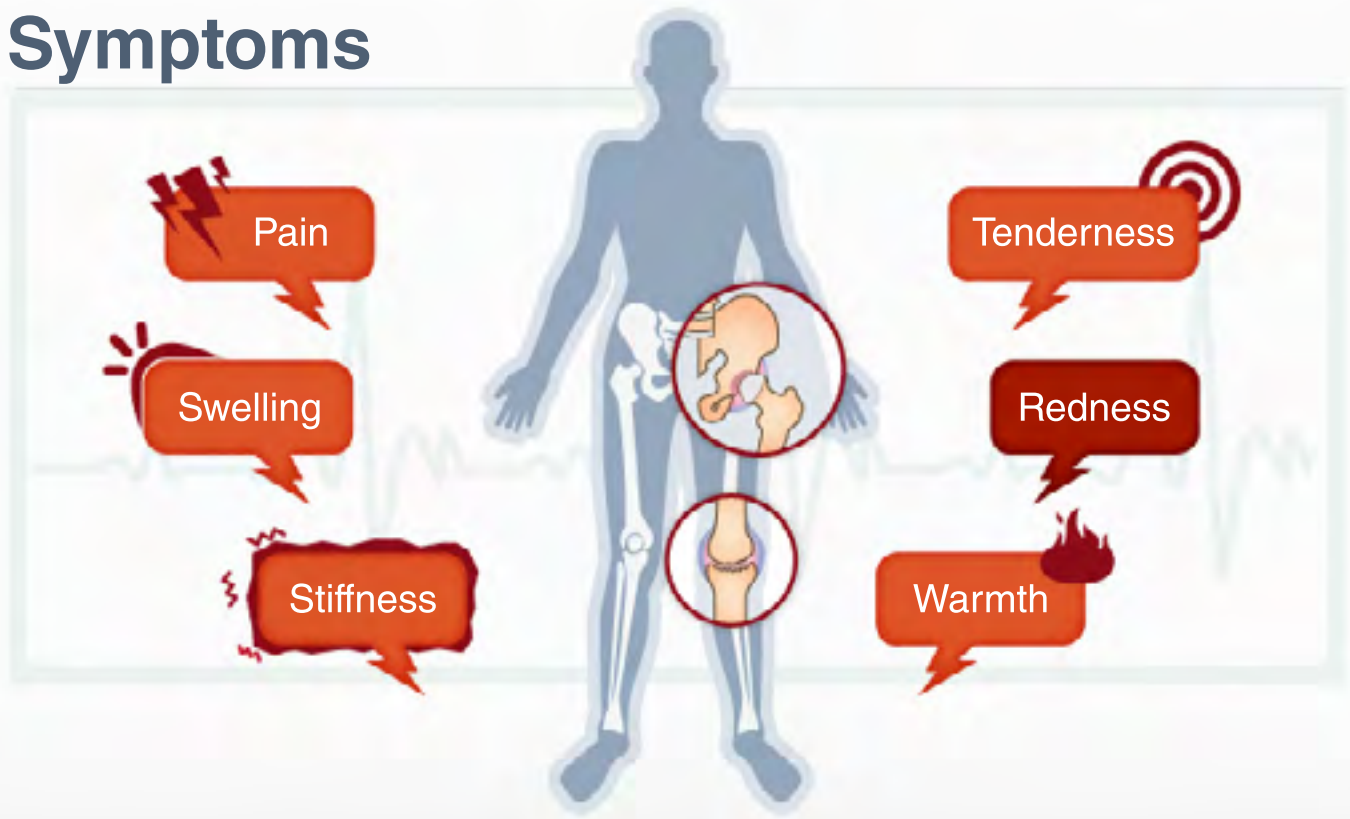


33.6%
adults age
65 years and older



Osteoarthritis is **more common** among **African-Americans** than Whites

Symptoms



Managing Your Joint Pain

Early onset

pain management



- + Over-the-counter drugs: Tylenol, Advil, etc.
- + Hot or Cold compresses ease swelling
- + Supportive knee brace
- + Light exercise lessens pain
- + Weight loss reduces pressure on your joints

Advanced

pain management



When pain is not effectively managed by “light” methods your doctor may suggest:

- + **“Joint Fluid”** injections into the painful joint
- + Cortisone injections to reduce inflammation

Injections can be effective for several weeks to a few months

Severe

pain management



Pain is greatly compromising your life:

- + Avoiding stairs & walking
- + Sitting more, moving less
- + Staying at home
- + Feeling like there is no solution to your joint issues

Does this sound like you?



My quality of life has suffered
because of my joint pain.



I have more painful days
than I used to have.



I'm relying more and more on
prescription pain relievers.



I have to limit my activities
because of joint pain.



I think my bad hip or knee will
continue to get worse.



I'm reluctant to consider surgery
because I've heard bad things about it.

Get joint pain under control



If you do need surgery, **don't delay**



**DON'T
DELAY**



Having **surgery earlier** in the course of functional decline may be associated with a **better outcome**.²



Minorities are less likely to see joint replacement as treatment for osteoarthritis than whites with comparable health needs and economic access.⁶



African-American knee replacement patients had **worse** joint function before surgery due largely to **avoiding** knee replacement while their joint was still somewhat functional.¹



Patients who **postpone** surgery until joint function excessively degrades **do not do as well** after surgery.¹

Is joint replacement surgery right for you?



Find the right surgeon



www.bonesmart.org/clinics



Talk to other patients - they can be a great resource!



www.bonesmart.org/forum



Discuss options with family and loved ones



Consider the impact post-surgery recovery may have on:

- + Work
- + Home life
- + Hobbies and activities

Joint Replacement

Implants performed in a year in the United States

721,000
knee replacements³

&

285,000
hip replacements⁴

Hip and knee replacement implants can last more than

+ 20 years⁷



9 out of 10 knee replacement patients experience **immediate relief** from joint pain.⁵

95%



are **satisfied** with their procedure.⁵

AAOS
AMERICAN ACADEMY OF
ORTHOPAEDIC SURGEONS

AAHKS
AMERICAN ASSOCIATION OF
HIP & KNEE SURGEONS





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Sources

1. AAOS: Timing a factor in outcomes disparities: Some minority groups wait too long for surgery (<http://www.aaos.org/news/aaosnow/mar09/clinical4.asp>)
2. Timing of total joint replacement affects clinical outcomes among patients with osteoarthritis of the hip or knee.
3. HCUPnet, a service of the US Department of Health & Human Services (hcupnet.ahrq.gov)
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5. Fawzi, Natalie, and Krucik, George, MD, "Knee Replacement Stastics Infographic" (healthline.com)
6. Dorothy D. Dunlop, Jing Song, Larry M. Manheim and Rowland W. Chang
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7. About.com: How Long Do Knee Replacements Last (<http://orthopedics.about.com/od/kneereplacement/f/How-Long-Do-Knee-Replacements-Last.htm>), How Long Do Hip Replacements Last (<http://orthopedics.about.com/od/hipreplacementsurgery/f/How-Long-Do-Hip-Replacements-Last.htm>)